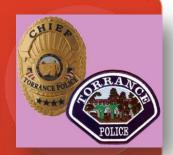
TORRANCE POLICE DEPARTMENT WOMEN'S SELF-DEFENSE



Next 2 Day Seminar on Nov 20 & Nov 21, 2015



THE TORRANCE POLICE DEPARTMENT PRESENTS...

A FREE 12 HOUR SELF DEFENSE TRAINING SEMINAR. LEARN HOW TO PROTECT YOURSELF AND THE ONES THAT YOU LOVE BY DETECTING, PREVENTING AND DETERRING VIOLENT ENCOUNTERS!

Our Instructional Objective is to develop and enhance the options of self defense so they may become viable considerations to a woman who is attacked

The next seminar will be taught over a two day period at the Torrance Police Department on:

Day 1: 20 Nov 2015

6:00PM-9:00PM

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Day 2: <u>21 Nov 2015</u> 8:00AM-5:00PM

To Register, visit

www.Police.TorranceCa.Gov
For questions about the program contact
jhart@torranceca.gov or croosen@torranceca.gov

What is the Self Defense Seminar?

A PHYSICAL DEFENSE PROGRAM FOR WOMEN THAT:

- Has established standards of acceptability for female self-defense programs.
- Offers no-nonsense, practical techniques of defense.
- Has researched the effects of the "Fight or Flight Syndrome"
- Offers advanced self-defense courses that build upon the Basic Physical Defense Systems
- Provides static, fluid, and dynamic hands-on training.
- Provides students with a comprehensive reference manual.
- Has a free lifetime "Return and Practice" policy.

